

The Story of DayBreak

Rappahannock Rapidan Community Services Board/ Area Agency on Aging—Sallie Morgan

The development of the DayBreak Adult Day Healthcare Center was a direct response to families in the region who said they need support caring for aging parents and spouses.

We know that the population of Culpeper and the surrounding counties is growing at a faster pace than the state average. By the year 2020, more than one in four residents of the region will be over age 60. On the one hand, older adults are a tremendous asset to our communities, but given that the number of persons age 85+ is the fastest growing population segment, this demographic shift also means that there is an increasing need for support, when people cannot fully care for themselves.

A needs assessment conducted by the Aging Together Partnership, a collaboration of over 100 local organizations working to expand services for older residents and their families, indicates that 27% of older residents need some kind of help in their daily lives. Families provide 80% of that care and older spouses, 49%.

Adult Day Healthcare is one option to help such families, making it possible for older individuals to continue living in their own homes, or with their families, even when they need assistance. Adult Day Healthcare enables individuals who are physically frail or who have dementia to get out of the house, have a range of stimulating activities, make new friends, and at the same time allows family members to continue working, to take care of personal business or to get a break from the daily demands of care-giving.

Aging Together has held four annual cycles of Community Conversations on Aging in Culpeper and in each of the four surrounding counties since 2005, with attendance of about 500 persons each cycle. One of the needs expressed repeatedly by older people, caregivers and healthcare professionals during those conversations was the lack of adult day care in the region.

In response to that expressed need, Aging Together Partners formed a work team and decided to start with a regional approach, open to residents of all five counties. The team considered possible facilities and collaborated on applying for a start-up grant for facility renovation from the Virginia Department for the Aging. One partner, the Rappahannock Rapidan Community Services Board and Area Agency on Aging, agreed to operate the program, and other partners, including the Culpeper Department of Human Services and the Alzheimer's Association, stepped up to provide matching funds for the renovation and to help with planning and outreach. The program, located in Culpeper, opened its doors in September 2007, and has served 19 families since then.

DayBreak offers care 5 days per week for 8 hours per day in a safe and nurturing environment. The staff includes a Registered Nurse, a therapeutic recreation specialist, and 2 trained aides. Lunch is provided, and transportation is available in many parts of the region.

When asked what they like about coming to the Center, participants all say they've made new friends and they have fun. They enjoy the many and varied activities, as well as the change of scenery. Their families tell us that they have time to attend to other aspects of their lives, from work to shopping to simply relaxing.

They also have access to information, referral to other needed services, and a chance to network with other caregivers through support groups and caregiver education sessions.

Comments from a woman whose husband has Alzheimer's disease really bring home the importance of adult day healthcare as an option for caregivers. With her family history, she said, she thought she'd be the one to get Alz-

heimer's Disease, but a couple of years ago her husband seemed to lose his sense of time. She knew he was in trouble when he got dressed one night at 11 pm to go to work. As it became harder for her to spend every day at home with him, she encouraged him to try out the Adult Day Healthcare Center. "You know," she said, "I thought Day Care was about respite for me, but the interesting thing is that he started to change. At the Center they do so much to keep his mind active - things I just don't have the time to do. But most of all, I think it's good for him just to spend time in a different environment, interacting with other people. The Day Center has changed our lives."

Many, many families go to heroic lengths to keep their loved ones at home, and adult day healthcare is one way we can help them do just that. The health monitoring by our nurses helps families keep abreast of medical needs and changes, and the stimulating activities at the Center actually help participants maintain or even improve their level of functioning. At the same time, families find they have renewed energy for the demands of care-giving. Everyone wins.

Rosalynn Carter quotes a colleague who said that there are only 4 kinds of people in the world – those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers. As our population ages, everyone in our community will benefit if families have options and supports when they need assistance.

The Rappahannock Rapidan Community Services Board and Area Agency on Aging is a non-profit service provider, committed to keeping the cost of the DayBreak Center reasonable for local families. The Center does accept Medicaid and long-term care insurance. For individuals not eligible for Medicaid, the private pay fee is \$7.00 per hour, including lunch and transportation, if required. In order to keep private pay fees reasonable for families and to provide services on a sliding fee scale for families who cannot afford the entire cost, the RRCSB/AAA has committed to raising funds in the community to help make the services widely accessible, especially for individuals/families with limited incomes.

We invite interested families to call the DayBreak Center at 727-7097 to set up a visit.



Gary Close, Commonwealth's Attorney enjoys volunteering with an art project at DayBreak.



March is Fall Prevention Month for good reason

If you are 65 or older or care about someone who is, you should know about one of the biggest threats to senior health and independence: falls.

Did you know that in this country more than one third of adults 65 and older fall each year? According to information from the Centers for Disease Control, in seniors falls are the leading cause of injury, deaths and the most common cause of traumatic brain injuries. Even when the person survives a fall, the impact on independence can be significant. This is due not only to the injury itself.

Many people who fall, even those who are not injured, develop a fear of falling, which may cause them to limit their activities. Then they can end up with reduced mobility and physical fitness – thus increasing their actual risk of falling.



Regularly check your medications with a doctor. If you are injured from a fall, report to your doctor.

As age increases, so does the risk. Studies found that nearly 85% of deaths from falls in 2004 were among people 75 and older. People in that age group who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer.

In spite of these grim statistics, falling is not inevitable for seniors. “There are steps you can take to lower your risk of falling,” says Lynnette Scott, RN, Coordinator of In Home Services at Rappahannock Rapidan CSB/Area Agency on Aging: “Make sure your home is free of falling hazards by keeping all pathways clear; have regular vision checks and make sure there is good lighting in your home; and check your medications regularly with a doctor or other healthcare professional – some medicines or combinations of medicines can make you dizzy or sleepy.”



To maintain your balance, regular vision checks are important.

Another important step is to maintain a regular exercise program. This can help your strength, balance and coordination – and can make a huge difference for your health in a whole variety of ways. If you are just starting to exercise, check with your healthcare professional about what’s the best approach for you.

“If you are injured from a fall, especially if you hit your head, always follow up with a doctor,” says Ms. Scott. Traumatic brain injury (TBI) is a real risk, and the sooner the intervention, the better. If you are taking blood thinners (e.g. Coumadin) and have a bump or blow to the head, you should be seen *immediately* by a health care provider. Tell your doctor about your injury and your symptoms, and any medicines you take – prescription or over-the-counter.

In fact, it’s a good idea to write a list of names and doses of all medicines you take. Keep it handy and update it whenever your medicines change. Take it with you when you see the doctor. That way, you won’t have to remember everything in a medical emergency.

Remember to do what you can to prevent falls. Never has this statement been truer: *An ounce of prevention is worth a pound of cure.* Thanks to Lynnette Scott for help with this article. For more information on preventing falls visit the CDC web pages at <http://www.cdc.gov/braininjuryinseniors>



A regular exercise program will help maintain strength, balance and coordination.

To learn about how the Aging Together Partnership is working to improve quality of life for older adults, call 540-829-6405 or visit our website at www.agingtogether.org
To find out about what the Culpeper County Aging Together team is doing to address local needs contact Jenny Biche at 540-825-7615 or jbiche@agingtogether.org

Virginia Cooperative Extension 4-H

Ever wonder– What is 4-H?

Think it’s just cows and cooking? Well, you might be surprised to know that we’re that...and a whole lot more. 4-H is a community of young people across America who are learning leadership, citizenship and life skills. We have 10 curriculum areas that are taught by trained volunteers and Virginia Cooperative Extension staff. All of our programs are research-based and are approved through national curriculum committees before they are presented to youth. The 4-H motto is: “Learn By Doing”. We expect our 4-H kids to have real life experiences to learn necessary life skills and develop to their full potential.

- Here are our curriculum areas:
- 1. Animal Sciences
 - 2. Careers and Economic Education
 - 3. Citizenship
 - 4. Communication and Expressive Arts
 - 5. Family Sciences
 - 6. Foods, Nutrition, and Health
 - 7. Leadership and Personal Development

- 8. Natural Resources and Environmental Education
- 9. Plants, Soils, and Entomology
- 10. Science and Technology

As you can see, we are keeping up with the times. What you and your kids are interested in is what we’re interested in!

UPCOMING 4-H EVENTS:

- SUMMER CAMP-August 2-6, 2009
- SUMMER WORKSHOPS-Various Dates June through August
 - Cooking
 - Spa Day-making soaps and bath salts
 - Fishing
 - Shooting Education
 - Outdoor Adventure Ropes Course Challenge
 - Bicycle Rodeo
 - Flower Arranging
 - Quilting
 - Cloverbud Day Camp (youth ages 5-8)
 - AND more!

Want to learn more about our clubs, camps, projects, in-school curriculums, workshops etc.? Email Cristy Nibblins at nibblins@vt.edu or JoAnna Kilby at jlclark@vt.edu or call Virginia Cooperative Extension at 540-727-3435.

Virginia Cooperative Extension (*continued*)

What is a Fair Land Rental Rate?

Peter Callan, Extension Agent
Farm Business Management

Every year both farmers and non-farming landowners call their Extension Office to inquire about current rental rates for farmland. Land rental rates depend on several factors.

There are several variables which impact rental prices. Soil type determines the potential productivity of the land. Land that is hilly and has little top soil due to erosion has significantly lower potential yield than deep well drained soils. What is the current fertility level of the soil? Have previous producers fertilized and maintained the soil or have they “mined” the soil? With fertilizer levels at all time highs, producers are reluctant to pay high rental charges for land that has been drained of nutrients. What is the topography of the land? Land with steep slopes is not conducive to crop farming and is limited to being used as pasture. Producers are willing to pay more for land that has the potential to generate higher rates of return (crops or hay). Are there buildings on the property that can be used for crop storage and/or housing of animals? What is the condition of the facilities? Are the buildings efficient to use in today’s agriculture? Time is a precious commodity for all producers.

In an era when put costs are at all time highs, land management practices play a dominant role in determining rental values. Who pays for fertilizing the land, bush hogging to eliminate the opportunity for brush and weeds to grow on the land, and maintaining fences? Producers or landlord? Producers that fertilize, bush hog and maintain fence incur major cash outlays to perform these practices on rented land. Charging high rental rates may result in producers cutting back or not performing these essential land management practices. Common sense dictates that producers will not rent the land if they will incur a loss. Producers must generate a profit to stay in business! Land owners must decide how important these land management practices are in the stewardship of their land. Remember all farms will be sold at some point to either a family member or someone else! Will buyers be willing to pay a premium for property that has been poorly maintained?

Real estate taxes saved by the owner because the land is taxed for agricultural purposes is a land management practice most property owners do not consider. Virginia law includes a land use program. This program preserves agricultural land and encourages its proper use. The program reduces the taxable assessment of the land to generate a tax break for the farmer.

This land use program has three categories. The first category is agricultural. This is real estate either devoted to the bona fide production for sale of plants and animals or enrolled in a federal government soil conservation program (applies to all categories). Minimum of five acres. The second category is horticultural. Real estate devoted to the

bona fide production for sale of fruits, nuts, berries, vegetables, floral and nursery. Minimum of five acres. The third category is forest. Land devoted to tree growth in such quantity, spaced and maintained as to constitute a forest area under standards prescribed by the

Department of Conservation and Historic Resources. Owners must submit a signed forestry commitment form. Minimum of 20 acres.

The landowner must provide proof that the land has been used agriculturally for five previous years. Federal schedule F (Profit or Loss from Farming), Schedule E (Supplemental Income and Loss) and lease affidavits and or forest management plan are acceptable means of meeting this requirement. Schedule E has a section for documenting income or loss from rental real estate and royalties. Land owners who **give** the hay on their hay land to neighboring farmers do not qualify for this program!

There is a huge difference in an owner’s real estate taxes when the land is taxed for agricultural purposes compared to fair market value. The following example can be used to illustrate this point. We assume that 10 acres of land has a fair market value of \$10,000 per acre, agricultural assessed value \$300/acre, tax rate of \$.60/\$100 of assessed valuation. The tax rate for this property is calculated as follows: \$10,000 (fair market value/acre) x tax rate of \$.60/\$100 of assessed valuation x 10 acres = \$600. Taxes paid when the agricultural assessment rate is used are as follows: \$300 (assessed agricultural value) x tax rate of \$.60/\$100 of assessed valuation x 10 acres = \$18. Thus, the landowner saves \$582 in taxes by enrolling his 10 acres in the land use program.

Land owners need to give serious consideration to the value of land management practices in setting rental rates. A conscientious producer, who fertilizes, performs bush hogging and maintains fences is preserving the value of the landlord’s property and saving the owner property taxes. Minimal rental rates encourage producers to conduct value land management practices that will increase the value of the land in the long run. Create win-win situations for the producer and landlord.

A land rental survey has been sent to producers in Culpeper County. The information will be compiled by county and region and will be available through the Culpeper Extension Office in late March 2009. Please contact me for a copy of the survey.

Peter Callan
Extension Agent, Agriculture & Natural Resources Farm Business Management
Culpeper County Office, 101 S. West St., Culpeper, VA 22701
(540) 727-3435 Ext: 342 Fax: (540) 727-3451



If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in any Extension activity, please contact Virginia Cooperative Extension, Culpeper Office, at (540)727-3435 during business hours of 8:00 a.m. to 5:00 p.m., Monday through Friday, one week prior to the event to discuss accommodations.

www.ext.vt.edu

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Two Culpeper County Farms Recognized for Conservation Efforts

The Culpeper Soil & Water Conservation District held its Conservation Awards dinner on Tuesday, October 28, 2008. The annual event honors residents who have demonstrated leadership in the stewardship of local soil and water resources.

The Clean Water Farm Award Program recognizes farms in the Commonwealth that utilize practices designed to protect water quality and soil resources. Within the Chesapeake Bay Watershed the program is known as the Bay-Friendly Farm Awards, and as the Clean Water Farm Awards in all other areas of the Commonwealth.

The 2008 Culpeper County Bay-Friendly Farm Award was given to Larry Levy, owner of The Hill. The Hill includes: a water system in every field, with 3 pressure troughs and 1 spring development and gravity flow trough; 2/3 of a mile of the Hazel River and 2.5 miles of Devil's Run protected with fencing and stream buffers; 3 current contracts for buffers through the Conservation Reserve Enhancement Program (CREP), for a total of over 130 acres; abundant habitat for wildlife – including deer, quail and a bald eagle; a log rail jump for foxhunting (4 hunt clubs are allowed to use the property). The land is in conservation easement, ensuring its protection from development.

The purpose of the Forestry Award is to recognize landowners who demonstrate outstanding conservation practices through close relationships with the Virginia Department of Forestry (VDOF).

The 2008 Forestry Award was given to Mrs. Geraldine Schneider, a Culpeper County landowner who owns Berry Hill Farm in Brandy Station.

Berry Hill Farm includes: 960 acres, 760 acres of which is a working forest; approximately 500,000 trees planted over 10 years; approximately 3,128 feet of skid trail stabilization; 257 acres of woodland harvesting; 50 ft buffer along 4,139 feet of stream (the property is bordered by Flat Run and Mountain Run); approximately 2 acres of wildlife habitat development (sunflowers bordering corn fields); approximately 87 acres of invasive species control; 3 acres of pre-commercial crop tree release; 257 acres have been clear cut but loggers are required to follow VDOF Best Management Practices and replant all of the acres that are harvested; aggressive control measures against the invasive Ailanthus; approximately 200 acres used by a neighboring dairy farmer to supply crops for his farm operation. The farm has been certified through the American Tree Farm System since 1988 and has had a Stewardship Plan since 1994.

The mission of Culpeper Soil and Water Conservation District is to promote the stewardship of soil and water, and the conservation of our natural resources, by educating and providing technical assistance to manage, protect, and enhance the land and water for the benefit and enjoyment of the citizens of Culpeper, Greene, Madison, Orange and Rappahannock counties.

Culpeper County is represented on the Culpeper Soil & Water Conservation District Board by Directors John Boldridge, Laura Campbell and Thomas O'Halloran and Associate Director Jocelyn Lampert.



2009 Rain Barrel Workshops

If you want to conserve water or even lower water costs, a rain barrel is just one step in promoting environmental conservation practices. A rain barrel collects and stores rain-water from your rooftop to use later for things like lawn and garden watering and washing pets. A barrel will save water for use outdoors during peak summer months, instead of paying a higher water bill or using your well and electricity.

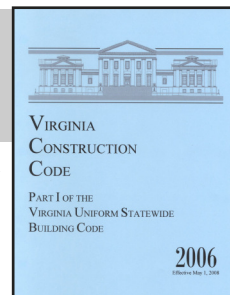
The Culpeper Soil and Water Conservation District has found a new and reliable source of barrels for 2009 workshops. **If you would like to be added to the list for a workshop, call Stephanie DeNicola at 540-825-8591 or send an e-mail to**

Stephanie.DeNicola@va.nacdnet.net

For more information about lawn care, best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation, please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.

Inside the Office of the Building Official

By Danny Bartges, Senior Building Inspector



What does a Building Official do?

The Building Official enforces the Virginia Uniform Statewide Building Code (USBC). The mission of the Office is to enforce code requirements to ensure safety of lives and soundness of structures. To do this the Building Official employs technical assistants known as Building Inspectors.

What are the qualifications of a Building Inspector?

The USBC requires "...at least three years of experience and general knowledge in at least one of the following areas: building construction; building, fire or housing inspections; plumbing, electrical or mechanical trades; or fire protection, elevator or property maintenance work. Any combination of education and experience that would confer equivalent knowledge and ability shall be deemed to satisfy this requirement."

Is it difficult to keep qualified staff?

In 2005, the Culpeper Building Department experienced a staff reduction that resulted in the loss of several critical certifications. This impacted our plan review capabilities, as well as certifications in the residential and commercial areas. Our remaining inspectors picked up the additional inspection load. However, we still lacked key certifications required to perform plan review, and our ability to keep up with residential and commercial inspections was severely impacted.

We searched for replacement staff that had the requisite certifications to allow them to be able to go to work immediately. The problem was that 2005 through 2007 was a period of booming construction which kept qualified Building Inspectors busy. Few were applying for work, and lucrative offers pulled many to the private sector and to wealthier jurisdictions. We were able to find candidates with the requisite knowledge, but not certification.

What certifications are required?

Along with the USBC, the Virginia Certification Standard (VCS), published with each new code cycle, provides requirements for obtaining the various certifications required to be an inspector.

The Culpeper Building Official requires all Inspectors to achieve certification in all areas required for a permit application. For residential inspection, one would have to obtain certifications in Residential Building, Electrical, Mechanical and Plumbing. Once achieved, the inspector would become a Combination Residential Inspector, certified in all phases of residential code enforcement not requiring an Engineering evaluation. Combination Commercial Inspectors would follow the same path to certifications.

How does staff get the training to be a Building Inspector?

Prospective Inspectors must obtain a seat in training module classes for the various inspection areas. The Department of Housing and Community Development (DHCD) offers the basic core training, module. No inspector can perform inspections without this training which covers laws, code reference materials and the relationship of the inspector to the judicial system, in case of failure to perform required duties.

Upon completion of this core class, the candidate has "ride-along" status and can go with an Inspector for on-the-job training, which is required to pass additional certification tests. The candidate follows several different Inspectors and learns the different methods used by each. The candidate must study the subject matter, usually on personal time, in order to prepare for the tests. When ready, an exam is scheduled in Richmond. The exam is two-hours minimum for each residential and three-hours minimum for commercial inspections. This process is repeated for each certification—building, electrical, mechanical and plumbing. These exams are scheduled at about three-month intervals for each geographic area, throughout the region.

What other staff are required to meet permit demands?

Plan Reviewers are needed to accomplish the construction or trade reviews required to approve the plans prior to commencement of construction. Plan Reviewers work in the Office and follow the same basic process to certification, with required modules, certification testing etc.

The magnitude and depth of the code to be reviewed, however, is a daunting prospect.

While some jurisdictions place an individual and allow them to dedicate their time to obtaining the required certification, the Culpeper Building Official requires that the majority of study for the certification test be performed on personal time. In addition to the regular building and trade plan reviews required, we also perform fire and suppression review, a task that was previously outsourced.

Our Administrative staff, officially titled **Permit Technicians**, also have a required certification process involving the same core training module, certification test and continuing education requirements.

How long does it take to become certified?

The normal time frame for obtaining certifications is 36 months. We have accelerated that



Patty Brown, Permit Technician Supervisor, helps a customer.

process here in Culpeper, however, to provide a better-certified group of Inspectors. We have taken a pro-active approach in requiring all Inspectors to be certified for both residential and commercial inspections. Three of our Inspectors are seeking certifications in the plan review area to provide back-up in the event of a manpower loss. Our process is built around a program to cover all the bases, so we can avoid the situation in which we found ourselves in 2005.

What about Continuing Education requirements?

Various organizations require continuing education to meet their certification or audit standards.

- The Insurance Services Organization (ISO) conducts a Building Code Effectiveness Grading once every five years, and assigns a numerical code based on their findings. This audit requires 12 hours of training in administration of the department, 12 hours in legal aspects, 60 hours in technical aspects, plus field monitoring.
- DHCD requires sixteen hours of training per person every two years.
- Other organizations require training amounting to as much as thirty-two hours every two years.
- Every three years, or as the Commonwealth adopts new codes, the state mandates training, with the most recent one being three full days.

We conduct an in-house program, training a minimum of 90 minutes, each Monday morning on the technical, administrative and legal aspects of code enforcement.

Several of our staff are active members of various professional organizations. Regional and multi-jurisdictional meetings provide networking and improve public awareness of Building Code requirements.

How do you interact with the community?

People come to the Office with questions and requests for help in the permitting process.

Culpeper Building Department also offers training to the community and conducts a variety of seminars on aspects of the permitting process. And, of course, Inspectors go out into the County to conduct Building Inspections.

We enjoy working with all the wonderful people who come into the Office, meeting them on site and even the occasional and inevitable inspection that doesn't meet code.

Your interaction with us helps us grow. We appreciate your cooperation and enjoy seeing and talking with you.

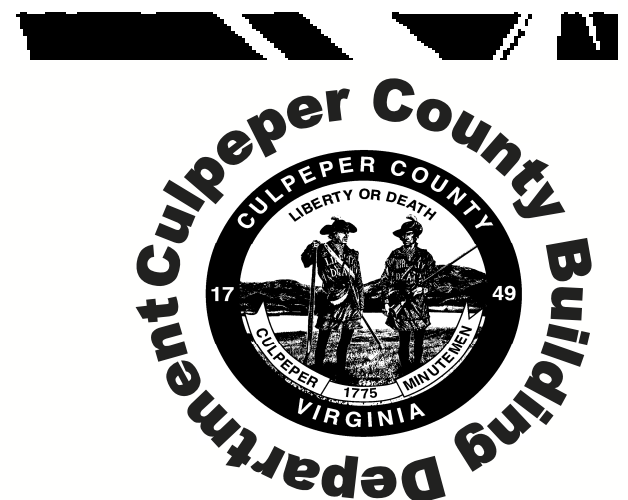


**FREE TO THE
PUBLIC**

Piedmont Home & Garden Expo

**March 20-22, 2009
Germanna Tech Center,
Culpeper, VA**

**VISIT OUR BOOTH
Culpeper County
Building Department**



RRMRC Fills a Unique Role In Preparing the Community for a Bioterrorist Incident

We have some excellent disaster support organizations in our community: Culpeper Regional Hospital, the Red Cross, our E911 system, volunteer firefighters, EMT's, Town Police, Sheriff's Office, Social Services, the Community Services Board, the Virginia Department of Health (VDH)... Each has a role in the community and will have a role in a disaster.

After the anthrax scare in 2001 a gap in our disaster preparedness planning was identified. If a large scale bioterrorism event occurs, our health departments do not have the manpower needed to deliver large quantities of vaccine or medications to the public. The Rappahannock-Rapidan Medical Reserve Corps (RRMRC) works with the Health Department to identify and train volunteers to fill this gap.

During an emergency or disaster many people ask to volunteer. We learned during 9/11 that it is critical for a timely re-

sponse to have volunteers identified ahead of time. The RRMRC currently has 361 volunteers who have already been identified and trained to respond. In a large-scale emergency we may need two to three times this number of volunteers, **with and without medical training**. You can start by identifying yourself, filling out the paperwork and attending an orientation.

RRMRC volunteers are offered many optional training sessions. Volunteering, however, only requires 8-10 hours per year. If you think you might want to help in a public health emergency, now is the time to join the RRMRC by going to the website <http://rrmrc.vdh.virginia.gov> or calling 540-829-7350 x132. The next Orientation is currently scheduled for May 7 at the Culpeper Health Department.

**Rappahannock-
Rapidan**

medical
reserve
corps



**Culpeper-Fauquier-Madison
Orange-Rappahannock**

Services, Groups and a New Tool at Options

Contributed by Susan Kroh, Options Community Service/Assessment Specialist

In a previous article the Community Service Program provided by Options was described as an important part of the Options program. This program provides monitoring and placement of youth who have been referred for community service by the court or school system. Youth services are also provided to individuals by self-referral. Since the publication of the last article the Options crew and community service workers have assisted with some wonderful community events. We were invited to work at the “For a Child’s Health” event at the library, the Korean musical event, the Mexican Fiesta, Culpeper Days in downtown Culpeper, and the Soap Box Derby.

Working at these events gave the Options staff the opportunity to provide youth community service workers with many learning experiences. While community service is designed to allow a juvenile to repay a debt to the community, learning about cultural diversity and discovering the self-satisfaction of helping their community can help to expand a young person’s perspective on life and develop an interest that may lead to future interests. Community service work through Options has led to two youth being hired by their agencies to do part-time work.

Additionally, in the past months many collaborative agencies in Town and County have continued to offer supervision and new opportunities to learn for these workers. The staff of Options is grateful for these supervised opportunities and will continue to look to the community for support and encouragement for juveniles.

This support becomes particularly valuable as the Options program continues to expand its services to our community youth. The mission statement of Options reads that we “provide services for at-risk youth, in collaboration with other agencies, that help encourage them to become responsible, respectful, and productive members of the community...” Along with our collaborative agencies, Options provides numerous tools and services to benefit members of the community.

An important evaluation tool, the Youth Assessment and Screening Instrument (YASI) is now available as an expansion of services previously provided by Options. This tool is used to identify risk and protective factors in a youth’s life. Risk factors may work to increase negative behaviors, while protective factors can help to reduce such behaviors. After determining what the high risk factors are in a youth’s life, recommendations are made for placement in one or more evidence-based therapeutic groups. Designed to lower the risk factors, the advantage of using the YASI is how the process allows for more efficiency in determining how service resources are used. The process can subsequently be monitored by reassessment to determine the effectiveness of any resources used in treatment.

Currently Options offers program services as group or individual sessions. These programs provide education and treatment with the goal of

assisting the juvenile to gain different thought processes and the tools to make better choices for their lives.

Anger Management is a 13-week cognitive-behavioral, process-oriented group experience that focuses on the origins of anger within the participants, while providing practical and realistic interventions that will provide participants with insights into their specific cycles of anger. These insights will better equip them to negotiate conflict within their lives in a healthy manner.

Three groups that address substance abuse are offered. The Substance Abuse Brief Intervention Program consists of individual and group sessions; the Substance Abuse Treatment Program is a 12-week group session; and the Intensive Substance Treatment Program is a biweekly group with additional weekly individual sessions. The Substance Abuse Programs use motivational enhancement therapy and cognitive behavioral therapy techniques to teach coping, as an alternative to using illegal drugs or alcohol when responding to problems, interpersonal conflicts and negative mood states.

Grief Recovery Outreach is a 10-week group process designed to help those who are experiencing grief from a loss in their lives, by allowing more positive attitudes and behaviors, and by creating a safe environment to learn the actions necessary to move beyond the pain caused by their loss.

In Healthy Relationships, a 13-week group, young females learn to establish and maintain a healthy relationship free of emotional, verbal and physical abuse.

Healthy Choices is a process-oriented group for youth who may be struggling with depression, suicidal ideation, family issues or other difficulties. It is designed to provide better coping skills in order to enhance protective factors in the life of a juvenile.

But Options does not stop at providing services to juveniles. Parenting classes are offered to parents who are currently raising children involved in the legal system or demonstrating risky behaviors. Parents learn to respond to their children’s behavior in an objective, non-emotional manner, to be able to set effective limits with their children, and to provide appropriate supervision.

All services offered at Options are free of charge to residents of Culpeper County. As a proud member of the Piedmont United Way, a group providing many important functions for members of the community, any group or individual wishing to show their support of the Options program can do so by making ‘Options designated’ donations through the United Way.

Options is pleased to be adding a new resource for community juveniles. That will be addressed in a future *Culpeper Minutes* article.

CodeRED Emergency Notification System

NOTICE—Culpeper Town and County implemented an emergency telephone notification system, allowing emergency services personnel to deliver pre-recorded emergency telephone messages to the entire County to warn of disasters such as hurricanes, or to specific areas for incidents such as gas leaks.

This emergency notification system will give information, so citizens can take appropriate action.

To register yourself or your business, go to www.culpepercounty.gov and follow the link to “CodeRED Residential and Business Data Collection” or call (540) 727-7900, Monday through Friday (8 a.m. to 4 p.m.) to register your information.

Required information includes first and last name, physical street address (no P.O. boxes), city, state, zip code and primary phone number.

Additional phone numbers are optional. The street address will determine whether you are called if an incident is site specific, such as a local gas leak.

The information will only be used for notification of emergencies.

**Questions should be directed to the
Culpeper County Public Safety
Communications Center (540) 727-7900.**

CJS Statistical data for first half of FY09 (July 1, 2008 through December 31, 2008)

Probation Placements	381
Average Daily Caseload	278
Community Service Hours Performed	8,797 hours
Restitution Facilitated	\$17,050.10
Court Costs Facilitated	\$41,644.96

Placement in Services:

Substance Abuse Education	20
Substance Abuse Counseling	45
Short-term Detox	2
Long-term Inpatient	5
Shoplifters Group	19
Batterer’s Intervention Program	22
Community Service	273

OPTIONS is currently in the process of evaluating the effectiveness of their treatment groups.

As an example, OPTIONS conducts an anger management group. A non-statistical evaluation of the anger management group showed positive results. Any juveniles presenting with elevated anxiety levels were found to have marked improvement in all areas tested.

The greatest areas of reduction were in disruptive behavior and anxiety. (This conclusion was drawn by instituting pre/post testing utilizing the Beck Youth Inventories and charting the results based on the related *t-score* of each juvenile and plotting the movement in level of each domain.)



Culpeper Literacy Council

Classes and tutoring available 7 days a week. Our programs are free.

We offer day and evening GED classes and offer GED tutoring to inmates in the local jail. We provide one-on-one tutoring for those who wish to learn to read or to improve their literacy skills. We also teach English as a second language, and have EL Civics Classes available as well. Please call us for more information.

We are planning a 3rd Annual Community Spelling Bee that will be held on Thursday, the 26th of March, 2009 in Culpeper. To participate as a team of 3 or sponsor our event, please contact the administrative office Monday thru Friday 9-2pm, at 540-825-5804.

Please help us to help others succeed.
Culpeper Literacy Council is a 501 (c) 3 non-profit organization.
All donations are tax-deductible.

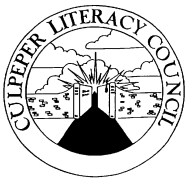
Name _____

Address _____

City, State, Zip _____ Ph: _____

Please make checks payable to: **Culpeper Literacy Council**
415 S. Main Street, Suite 204
Culpeper, Virginia 22701

415 South Main Street, Suite 204
Culpeper, Virginia 540-825-5804
www.culpeperliteracy.com

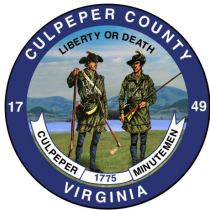


OFFICE OF VOTER REGISTRATION—CULPEPER COUNTY

151 North Main Street, Culpeper, VA 22701
540-825-0652 or 540-825-0726 540-825-8454 *fax*

Michele White, General Registrar
registrar@culpepercounty.gov

Melissa Hart, Assistant Registrar
mmhart@culpepercounty.gov



Dear Prospective Candidate,

Thank you for your inquiry and consideration in running for Board of Supervisors or School Board. This is a brief letter outlining general information about becoming a candidate and the documents that need to be filed in order to qualify to be on the ballot in November.

This year in November, Culpeper County will have six seats up for Election. The Board of Supervisors and the School Board seats in Stevensburg, Cedar Mountain and Jefferson Districts have terms ending December 31, 2009. These seats are elected by district. Only voters who reside in the district can sign petitions for candidates to run for the seat in their district. Only residents of the district can vote for candidates for the seat in their district. Voters in Stevensburg, Cedar Mountain and Jefferson Districts will vote for a representative on the Board of Supervisors and a representative on the School Board.

The Election will be held November 3, 2009.

Deadline for filing all documents listed below is June 9, 2009 by 7 p.m.

Petition of Qualified Voters

(125 verified signatures of registered voters within the candidate's district are required to meet the qualifications.)

Declaration of Candidacy

(The Declaration must be filed with the petitions, before signatures can be verified.)

Certificate of Candidate Qualification

(explains how names may appear on the ballot – please read Page 2 of the form before filling out)

Statement of Organization (Candidate's Treasurer Information)**Statement of Economic Interests**

(Incumbents who have their Statement of Economic Interests on file with the County may provide a copy of their January 2009 Statement to this office to meet the filing requirement.)

All candidates must file pre-election and post-election Reports of Campaign Contributions and Expenditures. Candidates are strongly encouraged to file their campaign finance documents electronically through the State Board of Elections.

For more information and deadline dates for campaign finance reports, visit the State Board website at http://www.sbe.virginia.gov/cms/Campaign_Finance_Disclosure/Index.html

No certificate of election can be issued to any successful candidate who fails to file the required reports.

Candidates may purchase a complete packet of these documents from the Registrar's Office for \$15.00 or download documents directly from the State Board website at <http://www.sbe.virginia.gov/cms/> under "Candidate Information." The **Candidate Bulletin** provides information from State Board of Elections to candidates and should also be downloaded and read over before filing.

As a final note, petitions may be brought in to be verified as they are signed, even if prior to the deadline. The Declaration, however, must be filed with the first set of petitions submitted.

If you have any other questions, please call or email me. Thanks again for your interest, and Good Luck! --Michele

From Your Commissioner of the Revenue
Terry L. Yowell



DIVISION OF REAL ESTATE ASSESSMENTS

2009 Reassessment

If you own real estate in Culpeper, you received your 2009 reassessment notice last month. As directed by the Board of Supervisors, the reassessment of real property is performed on a 2-year cycle and adheres to the mandates of fair market value and equality as set forth in the [Code of Virginia](#). The reassessment reflects the value of real property on the effective date, based upon prior sales. Our previous reassessment became effective January 1, 2007, and the reassessment for which you have just received a notice became effective January 1, 2009. The current values were derived from arms-length transactions that occurred during the period of January 1, 2007, through December 31, 2008. Your reassessment notice shows the prior assessed value and the current assessed value, broken down by land and improvements. This allows you to see the portion of the assessment attributed to the land, the portion attributed to the appurtenances to the land (the improvements) and how each has changed.

Questions/Concerns

If you are in disagreement with the assessed value, or if you have any questions or concerns regarding the assessment, the assessor’s formal review is held through March 31, 2009. Feel free to call the office at (540) 727-3411 to speak with, or make an appointment with, the appraiser assigned to your area.

If you still have concerns regarding the assessed value of your property, you may appeal to the Board of Equalization (BOE). The BOE is an independent review board whose members are citizens of the County, appointed by the judges of the Circuit Court, to hear complaints regarding the equalization of assessment values. Upon application to the BOE you will be given a time and a date to appear for public hearing.

The Tax Rate

In April the Culpeper County Board of Supervisors will hold a public hearing to ask for citizen input regarding the proposed 2009 real estate tax rate. The public hearing allows citizens the opportunity to express any thoughts and concerns they may have regarding the advertised tax rate, prior to the rate being finalized by the Board. The Board will then establish the tax rate that will be applied to the current real estate assessment. **The real estate tax levied for 2009 will be determined by the rate established by the Board.**

Land Use

If your land is currently enrolled in the Land Use program and is assessed on the basis of Land Use, please do not mistake the fair market assessment for the Land Use assessment. The Land Use assessment value on your land will be reflected on your real estate tax bill.

Tax Relief Program for the Elderly and Disabled

The Culpeper County Board of Supervisors has continued the use of the existing tax relief program for the elderly and disabled. The qualification criteria, however, have been enhanced. The gross income of the household has been increased from \$35,000 per year to \$50,000 per year, with a combined financial worth not to exceed \$200,000, excluding the dwelling and up to 10 acres of land. Under the new qualifications, tax may be relieved for an amount up to \$1,500.

If you have questions or concerns regarding your 2009 assessed value, the Land Use Program or the Tax Relief Program, please contact the Commissioner of the Revenue’s Division of Real Estate Assessments Office located at 118 W. Davis Street, Suite 100. The Office is open to the public from 8:30 AM – 4:30 PM week days. As always, you are welcome to stop by, call (540) 727-3411, fax (540) 727-3468 or email the Commissioner of the Revenue tyowell@culpepercounty.gov

Attention Tangible Personal Property Owners!

By now, you should have received your 2009 Return of Tangible Personal Property. This form is pre-printed with all tangible personal property information we have on file as owned by you effective January 1st. In accordance with the [Code of Virginia](#) §58.1-3518.1, and Culpeper County Code section 12-2(a) **OWNERS OF CARS, LIGHT TRUCKS, MOTORCYCLES, LARGE TRUCKS, ROAD TRACTORS (SEMI), TRACTOR TRAILERS, UTILITY TRAILERS, BOAT TRAILERS, CAMPER TRAILERS, MOTOR HOMES AND BOATS NO LONGER NEED TO RETURN THIS FORM, UNLESS THEY HAVE A CHANGE TO REPORT.** This type of reporting is commonly referred to as “File by Exception”, or otherwise known as the Alternative Method of Filing. If you have changes to report, you must return this form by May 1st. Changes may include property owned (additions and/or deletions) as of January 1st, ownership name, address, use, mileage or situs (jurisdiction) for taxation. If the preprinted information is correct and complete, you do not need to return this form for the classes of property listed above.

The Return of Tangible Personal Property will also include Aircraft and Manufactured Homes owned as of January 1st. The [Code of Virginia](#) continues to require owners of Aircraft and/or Manufactured Homes to file annually with the Commissioner of the Revenue. If you own either of these classes of property as of January 1st, you must return this reporting form by May 1st in order to avoid the late filing penalty.

Owners of Tangible Business Personal Property and Machinery & Tools are also required to report property owned as of January 1st by the May 1st deadline to avoid the late filing penalty.

More importantly, if you do not receive a reporting form, you may obtain the appropriate return by contacting the Commissioner’s Office or online at www.culpepercounty.gov and click on the Commissioner of the Revenue page under Elected Officials. **ALL PROPERTY SUBJECT TO PERSONAL PROPERTY TAX MUST BE REPORTED AT THE TIME OF ACQUISITION, REGARDLESS OF WHETHER YOU RECEIVE AN ANNUAL PREPRINTED REPORTING FORM.**

There are a number of important filing deadlines coming up for 2009:

April 1	Tax Relief for the Elderly & Disabled
May 1	Personal Property (new acquisitions as of January 1 st)
May 1	Business Personal Property and Machinery & Tools
May 1	Aircraft and Manufactured Homes
May 1	Virginia Income Tax (2008 tax year)
May 1	High Mileage (as of January 1) documentation
November 1	Land Use Program (new enrollment effective for the following tax year)

As always, if you have any questions, please stop by, call 540-727-3443 or email me at Tyowell@culpepercounty.gov.

Real Estate Assessments Office
540-727-3411

118 W. Davis Street
8:30-4:30 M-F

Commissioner of the Revenue
135 West Cameron Street

727-3443

**OFFICE OF THE TREASURER
CULPEPER COUNTY
David L. DeJarnette, Treasurer**



Moving to a New Location in Spring 2009

The Office of the Treasurer for Culpeper County is moving! After many years of being located on the ground floor of the Culpeper County Courthouse building, renovations are being completed for our new location in the former Wachovia building at 151 N Main Street Culpeper VA (corner of N. Main Street & E. Cameron Street). Please stop by to see our new office location, or you can continue to reach us through our primary mailing address of:

*Culpeper County Treasurer
PO Box 1447
Culpeper VA 22701*

Culpeper County Vehicle Decal Requirement Eliminated

Effective January 1, 2009, Culpeper County citizens are no longer required to display a county vehicle decal. Along with many localities throughout Virginia, Culpeper County will no longer require the physical windshield decal. Taxpayers will be billed their annual "vehicle license tax fee" on personal property tax bills based on their ownership of licensed vehicles as of January 1 of each tax year.

ONLINE TAX PAYMENTS

ONLINE PAYMENTS of Personal Property taxes and Real Estate taxes with credit card or eCheck are now available (2% Convenience Fee added for credit card transactions); Go to web.culpepercounty.gov website & click on "eServices" at top of Home page, then select "eTreasurer."

Real Estate tax payments require a valid e-mail address and that you select the correct real estate tax bill to be paid by name, account number, tax map parcel number or Department Number/Ticket (Bill) Number. Once selected, proceed to "Checkout" to complete the tax payment.

Personal Property tax payments or inquiries require that you establish a PIN (Personal Identification Number); click on "Payment Options-Personal Property Tax" or Inquiry Options-PP Public Inquiry", then select "To create a PIN or other PIN Options, Click Here"; You may then "Create a New PIN" using your personal identification information and e-mail address (Customer Service Number is your social security number), select your Personal Property tax bill to be paid and proceed to "Checkout."

Phone: (540) 727-3442 Fax: (540) 727-3478 E-mail: ddejarnette@culpepercounty.gov



CULPEPER COUNTY SHERIFF'S OFFICE

SHERIFF JAMES H. BRANCH



SHERIFF BRANCH RECEIVES COMMENDATION FROM U. S. DEPARTMENT OF JUSTICE

Sheriff Jim Branch was contacted by Steven T. McFarland of the United States Department of Justice. He requested the opportunity to tour the Culpeper County Jail. In addition to the tour of the adult detention center, Sheriff Branch's staff was interviewed in a public hearing, regarding the 2007 report of no sexual victimization report within the adult detention center.

Sheriff Branch is proud to have received this recognition, and congratulates his adult detention staff for their continued effort at a job well done!

Culpeper County Sheriff's Office Crime and Crime Awareness Newsletter

The Culpeper County Sheriff's Office is proud to introduce the Culpeper County Sheriff's Office Newsletter. We feel that it is our job to make our citizens aware of crime in Culpeper and what we are doing to eliminate it. It is intended to keep the public informed of what is going on in their law enforcement community as well as to present more information about the Sheriff's Office itself. Copies of our newsletter are available at the Cameron Street Sheriff's Office. You can also view our newsletter on our website at www.culpepersheriffsoffice.com



Re-accreditation

In December 2008 the Culpeper County Sheriff's Office participated in a comprehensive inspection for re-accreditation. Assessors from the Virginia Law Enforcement Professional Standards Commission (VLEPSC) reviewed files and a static display of Culpeper County Sheriff's Office equipment. Their findings will be submitted to a VLEPSC board for review. The board is responsible for making the final decision for re-accreditation. This re-accreditation process must take place every four years in order to maintain accreditation.

Culpeper County Sheriff's Office is currently taking applications for the lifesaver program. If you or someone you know could benefit from this program, please contact Deputy M. Rodriguez at 540-727-3444 ext. 326



110 W. CAMERON ST. CULPEPER VA. 22701
PHONE: (540) 727-7520 FAX: (540) 727-3466
WWW.CULPEPERSHERIFFSOFFICE.COM



Have you become physically and/or verbally abusive to your spouse or significant other?
Help is available.
Contact Culpeper County Criminal Justice Services at 540-727-3450
for a referral to a treatment provider.

Culpeper Regional Airport

by Tanya Woodward, Manager



Come Fly with Me!

Culpeper Regional Airport is proud to announce that White Hawk Aviation Flight School has a new Chief Flight Instructor and Manager, Sean Murphy. Below, Mr. Murphy describes what the Flight School has available and how they can help make your dream to fly come true.

White Hawk Aviation Flight School at Culpeper Regional Airport has a new crew available for flight instruction 7 days a week by appointment, and additional hours most weekends and holidays to serve customers “on their schedules”!

New to White Hawk Aviation are a fully functional website www.whitehawkaviation.net and a new online aircraft scheduling system hosted by FlightSchedulePro. The Flight School website has a link to the scheduler, as well as pages of information about flight school activities, contact information, directions and much more.

Currently, White Hawk Aviation is holding an evening class for students working to obtain their private pilot license. The classes are held at the Airport Tuesday and Thursday evenings from 7:00 pm until 9:00 pm. New class series for private pilots are tentatively scheduled to begin the middle of April and in the middle of July. Ground school classes for instrument rating will be scheduled. Check back at our website from time to time for updates.

The biggest shift of focus has to be bringing the youth of Culpeper into aviation. The program currently getting the most attention is the \$25 demonstration flight. This is the first opportunity for people interested in aviation, whether for a career or just a lifelong ambition, to actually get behind the controls of a Cessna Skyhawk. Information about the program can be obtained on the website. The pilot profile and photographs that follow are of a recent demonstration flight.

Pilot Profile:

Daniel Stratton recently took a demonstration flight. His parents both worked for the State Department in Guam where he was born. He lived there until he was 3 years old and traveled (mostly by air) back and forth to the United States and various places in Asia, Australia, and other places around the world. He is currently a sophomore at Madison High School. His interest in aviation was intensified when his neighbors Steve Roth and Lynn Dawson offered to take his parents for a ride in their Cessna Skyhawk. The rest “as they say” is history! He loved the flight so much that his mother contacted the Flight School and signed him up for ground school. He is currently studying for the private pilot written exam.

Daniel has other talents: troubleshooting friends' computer problems over the internet and gaming online with multiple players. His passion, though, seems to be flight. He mentioned wanting to attend a flight college like Embry Riddle after high school (if his parents can swing it) and pursuing a career as a corporate pilot, visiting some of the places he traveled to as a child with his parents. He seems to us to be a very mature 16 year old who knows what he wants out of life and is willing to work hard to achieve it. We at White Hawk Aviation Flight School are privileged to have him and are committed to helping him achieve his flying dreams.



Daniel with his parents, on the tarmac with (far right) Sean Murphy, CFI and Manager of White Hawk Aviation Flight School.

If you would like to contact White Hawk Aviation Flight School by phone, please call: 1-540-727-8433. Mr. Murphy will be glad to assist you with your flying needs.

Open House—National Capitol Squadron

The National Capitol Squadron (NCS) of the Commemorative Air Force based here at the Airport holds their open house the second Saturday of every month from 9a.m.-2p.m.. You are invited to come and see the airplanes and talk with the pilots. The NCS holds annual elections, and the newly elected squadron leader is Col. Mike Ginter. Mr. Ginter is an asset to our field, as well as our annual Air Fest, and we look forward to working with him. If you would like to find out more about the NCS, please call 1-540-727-0018 or check out www.nationalcapitalsquadron.org

Culpeper Regional Airport
12517 Beverly Ford Road
Brandy Station, VA 22714

Ph: 1-540-825-8280
Fax: 1-540-829-2024

culpeperairport@hotmail.com
www.culpeperairport.com

Culpeper County Board of Supervisors

A quarterly publication

Culpeper Minutes

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The Administration Building ♦ 302 North Main Street Culpeper, VA 22701

dhoffman@culpepercounty.gov



NATIONAL CAPITOL SQUADRON of the Commemorative Air Force

Open House at Culpeper Regional Airport

Second Saturday of every month from 9 a.m.-2 p.m.
Come and see the airplanes and talk with the pilots.



Tour the hangar and view the planes.



Talk with the pilots.
Discuss planes, restoration and flying.

Telephone Number for Virginia Department of Transportation (VDOT): 540-829-7500
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free